

# THE SENTINEL

U.S. ARMY CENTER FOR HEALTH PROMOTION AND PREVENTIVE MEDICINE



**Black History Month Celebration** *(see page 9)*

# Medical surveillance and force protection

By: BG Patrick D. Sculley

I am pleased to have this opportunity to update you on one of the important initiatives of the CHPPM -- medical surveillance. Medical surveillance is the routine and systematic collection, analysis, interpretation, and reporting of standardized population data for the purposes of characterizing and countering medical threats to a population's health, well-being, and performance.

Medical surveillance is the health equivalent of battlefield intelligence, providing comprehensive situational awareness of health threats. This information is necessary for us to target our deep-strike weapons of health promotion programs and preventive medicine (PM) countermeasures at the greatest health threats. Medical surveillance is an important aspect of the medical preparation of the battlefield. It allows us to optimize and protect the health of the warfighter and increase our combat effectiveness.

Three factors interact to cause disease and injury -- the host, the agent, and the environment. Medical surveillance elucidates the relationships among these factors, allowing us to associate health outcomes with interventions and, thus, prioritize PM countermeasures, health promotion programs, and research efforts. Medical surveillance is an important decision-support mechanism for combatant commanders and medical leaders. The

primary payoff to combatant commanders from health services support is

conserving the fighting strength, notably by reducing disease and nonbattle injuries. Medical surveillance can transform raw data on the three factors into predictive and real-time health information. Decision makers can use this information to target effective PM countermeasures and health promotion efforts to keep soldiers healthy, increasing the field commanders' combat effectiveness.

The progress toward effective medical surveillance has increased with each deployment. We have made great improvements since the days of Operation Desert Shield/Desert Storm. Environmental threats during Operation Joint Endeavor have been addressed as never before, with 112,000 reportable analyses on more than 2,500 samples of air, water, and soil. Additionally, pre- and post-deployment health surveys have been conducted and deployment inpatient data collected. This is now the standard that the American public expects. A comprehensive medical surveillance system producing timely health information helps strengthen and maintain the warfighter's and the



*BG Patrick D. Sculley*

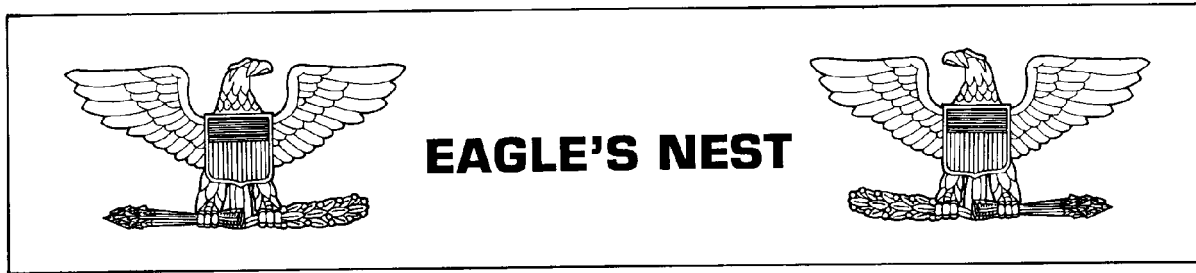
*(See Sculley, page 7)*

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Commander...BG Patrick D. Sculley  
B. Riley

Public Affairs Officer...Evelyn

Editor...



## What really matters

By: LTC David Young  
Director, Toxicology

We all know someone who drives the car of our dreams and it's usually not us or a person that can make those unbelievable putts, again and again. Then there's the soldier who continually maxes the PT test, even after breaking a leg two months previously. Of course, we tend to reminisce about these people usually while driving our car, playing our golf game, or running our PT test two miles. We look up to these folks and may wonder what they did to get where they are. We all have something about us that causes remembrances in others; some we can control and others we can't.

While these pursuits may be worthwhile and may cause folks to remember you, what really matters is what you leave behind in the minds and lives of those with whom you come in contact. Many of us get caught up with our day-to-day activities, struggling to get the suspenses off our desk and meet the next deadline. In the midst of this hustle and bustle, we tend to forget those around us, especially those with whom we impact either directly or indirectly.

I recently learned of the death of a retired Army colonel, who helped guide me through some of those first rough decisions when I came into the Army, things like future assignments and jobs and what it would take to be where I wanted to be. I didn't know it then, but he was serving as a mentor to me. As I absorbed his thoughts and ideas, I began to formulate my career with his "thoughts of wisdom." In each and every assignment, I

have had the opportunity to be mentored, to be guided by someone I respected for his or her professional capabilities. As I reflect on those under whom I have had the opportunity to serve, both directly and indirectly, I recall the time they took to sit down with me and talk me through things. In those technical issues, those things which, to them, were routine and perhaps mundane activities, they took the time to guide and teach me.

And now, as I near the pinnacle of my career, there are those around me looking to me for that one snippet of wisdom to help them along their career. I now realize that one of the greatest gifts we can give those who work around us is our knowledge, the knowledge we have accumulated through our experiences. Whether it's advising on a technical issue, a next assignment, or which social function to attend, we, as senior leaders, have the opportunity to mentor those just coming into the system. Part of the mentoring process is, perhaps, to advise on a different route than the one we took, to blaze a new and perhaps novel trail, but one which a person with unleashed energies and forming talents can vigorously pursue.

CHPPM just began a formal mentoring program which will match up mentors with those desiring to be mentored. What an opportunity for both people. Now, in a formal arrangement, we can share our experiences and knowledge with those willing to learn. Whether it's how to speak in public, write a document or research paper, or plan for an educational degree, this is the chance to mold the lives of others.

*(See Eagle, page 19)*

## Chief of Army Nurse Corps visits CHPPM

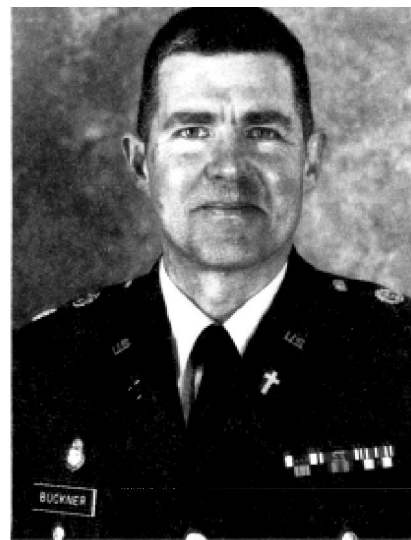


BG Patrick Sculley, CHPPM commander, welcomes BG Bettye Simmons (right), chief of the Army Nurse Corps and deputy commanding general of the Army Medical Department Center and School; COL Susan McCall, assistant chief of the Army Nurse Corps (left); and COL Michele Kohl, chief of the Army Nurse Branch of the Total Army Personnel Command, on January 21. They were given a command briefing as well as briefings of several major CHPPM projects.

*Photos by W. Ben Bunger III*

## CHPPM gets first chaplain

**Chaplain (LTC) James A. Buckner** joins the CHPPM staff after serving as the 10th Mountain Division (Light) Chaplain, Fort Drum, New York. He has served in numerous positions, from battalion to major Army command in his 19-year career. He holds a master's of divinity from the Southern Baptist Theological Seminary and a master's of education psychology, with a concentration in marriage and family counseling, from the University of Louisville. Buckner and his wife Lou, have two sons, Jamerson, a senior in high school, and Elliott, a junior. The family will join him in June after Jamerson graduates. Buckner enjoys fishing, computers, golf and running.



# Military News

## ARRIVALS

SFC Mircea Ardelean, HHC  
LTC James Buckner, DHPW  
PFC Thomas Caffall, DLS  
LCDR Lee Cornforth, DCPM  
SSG Tina Ellington, DCSOPS  
SGT Jonathan Grogan, HHD  
1LT Francis Hoin, DOHS  
LTC Robert Jordan, DCSOPS  
1LT Stanley Lindquist, DSA-North  
SPC Linda Nash, HHC  
CPT Katherine Rakestraw, DCSOPS  
1LT Andrew Scott, DOHS  
PFC John Spaulding, DLS  
SPC Andrew Troie, OCO  
SGT Timothy Webster, DOHS  
SGT William Willard, DLS  
SPC Justin Wilson, DTOX

## DEPARTURES

SGT Gillian Allman-Dixon, DCSOPS  
SPC Scott Coulter, OCO  
1LT Thomas Hyslip, DC  
SFC Oscar James, DHPW  
MAJ Leo Mahony, DHPW  
CPT Irene Richardson, DOHS  
SPC Amy Snow, DLS  
SPC L. C. Thompson, DLS  
SGM Jack Warren, OCO

## PROMOTIONS

Rebecca Torrence, DHPW, to LTC

## AWARDS

### Meritorious Service Medal

SFC Mircea Ardelean, HHC  
MAJ Terry Besch, DTOX  
LTC Everette Horne, DOHS  
MAJ Theresa Schultz, DCPM

### Army Commendation Medal

CPT David Gilbride, DEHE  
SSG John F. Kennedy III, DLS  
CPT Thomas Martin, DEHE  
SPC Robert Monroe, DOHS

### Army Achievement Medal

1LT Andy Pate, DEHE  
SPC Amy Snow, DLS  
SPC Chanda Sutton, DTOX

### Soldier of the Quarter

SPC Alexandr Efros, OCO

## Congratulations to ....

MAJ Theresa Schultz upon receiving the 1996 Elizabeth Guild Award, presented by the Military Audiology Association, in recognition of her outstanding contributions to military hearing conservation. Schultz is an Air Force officer currently assigned to CHPPM.

# Army Surgeon General recognizes “outpost sentinels” during visit to CHPPM-Europe

**By: Phil Moreno**  
Adjutant, CHPPM-Europe

CHPPM-Europe was honored by a visit from LTG Ronald Blanck, Army Surgeon General and commander of the Army Medical Command, during his recent trip to Europe. COL Edmund Davis, CHPPM-Europe commander, gave a command briefing, and Blanck spent the rest of his visit touring CHPPM-Europe facilities and greeting each employee. CHPPM-Europe photographers tried hard to get a snapshot of each employee meeting Blanck. For most, it was their first opportunity to meet a Surgeon General. “It was wonderful to personally meet THE medical General-in-charge,” said Mrs. Ingrid Harmuth, a German National employee.

The Surgeon General also provided 11 of his commander’s coins to be awarded on his behalf to each of the remote Occupational Health Program offices supporting regional U.S. Army medical treatment facilities in Belgium and Italy, as well as throughout Germany.

As Davis explained, “Our industrial hygiene and occupational health nursing staffs at these sites make the Occupational Health Program a resounding success in this theater. As our ‘outpost sentinels’, they must work on their own without an onsite chain of

command to observe and thank them for their daily efforts. Often, they are the only part of CHPPM with whom customers routinely interact, and the overall impression that these customers have of our organization is based on what they see from our OHP offices. They are doing a great job as our ambassadors in this regard, and as valuable



*CHPPM-Europe photo*  
LTG Ronald Blanck (right), Army Surgeon General, meets Craig Cullen and other members of CHPPM-Europe

marketers of all CHPPM services. Unfortunately, they don’t get a chance to meet the VIPs that visit our headquarters in Landstuhl. We are all delighted that the Surgeon General has personally recognized their efforts.”

CHPPM-Europe’s Medical Illustration Division has mounted each coin on a distinctive plaque, and each outlying OHP office will have one presented on the Surgeon General’s behalf in recognition of his appreciation for the fine work they do, that although they are out of sight, they are not out of mind.

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## Civilian News

### ARRIVALS

Betty Burrows, DLS  
Mike Clay, DLS  
Christine, Cowan, HHC  
Jackie Davis Jr, DOHS  
Alexander Franckewitz, DCSADM  
Steve Hoke, DLS  
Mike Leonnig, DLS  
Lisa McCalip, DSA-South  
Cindy Miller, DCSOPS  
Linda Patrick, DCSADM  
Paul Schroeder, DLS  
Benjamin F. Swezey III, CHPPM-EUR

### DEPARTURES

Sharon Beard, DOHS

### RETIREMENT

William Bojarski, DEHE

### AWARDS

#### Special Act

Thomas Smith, DCPM

#### Performance Award

William Corbin, DCPM

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## Sculley...

*(Continued from page 2)*

public's confidence in military health services support.

Exploding technology, particularly in the area of information management, has greatly facilitated medical surveillance. The Geographic Information System is an exciting example of this new technology. GIS interrelates various layers of data, including military population data, sample sites, and sample results, to assess temporal and spatial relationships. Thus, the GIS allows us to have a visual representation of vital information and seeming associations that can be weighed in the decision-making process.

Although medical surveillance is currently being done, there are further advances that we hope to achieve. We plan to integrate the three services' medical surveillance systems into one standard joint system. The many databases necessary for a comprehensive surveillance system are

already in existence, and we plan to incorporate these databases, as well as automated standardized health data records on all Active Duty service members, into the joint system. With comprehensive medical surveillance linking patient data with PM interventions, an analysis can be made almost instantaneously on the effectiveness of the interventions, speeding the employment of the intervention while protecting the force, improving combat effectiveness, and saving fiscal resources. These additions and modifications will increase the capability and effectiveness of our military medical surveillance system.

Our vision for medical surveillance is a fully integrated global peacetime/deployment Department of Defense Medical Surveillance System that will increase combat effectiveness by protecting the war fighter. Medical surveillance will become an increasingly effective technological tool which will allow us to focus on the key force protection health issues.

## CHPPM-Europe's commander "toots" his own horn

**Editor's Note:** *The following is a combined effort of the personnel in the Department of Health Promotion, CHPPM-Europe*

COL Ed Davis's musical talent -- he has played trumpet since childhood -- is enabling him to become a part of local "hometown" life and tradition in Germany. He is one of two Americans who play in the 65-member concert band of Kindsbach, a village near CHPPM-Europe's home in Landstuhl. Most band members are lifelong Kindsbach residents. Six have been

and its own cellar bar, in a building on the grounds of the sponsoring Catholic church. Members gather to socialize in the "keller" after work on Friday evenings prior to rehearsal. Rehearsals include a 30-minute "bierpause" (beer break), and socializing resumes after the rehearsal ends. At least once a month, post-rehearsal festivities include a traditional German meal prepared by the official band cook and purchased with collections from members whose birthdays fall within the month.

"My Friday night challenge is to increase



*COL Ed Davis (center), CHPPM-Europe commander, marches in a German parade.*

continuous players for more than 40 of the band's 75 years of existence. In one case, three generations of the same family are active members.

The band is a significant part of social life in Kindsbach. It has its own rehearsal hall,

my German language skills and musical ability without significantly increasing my waistline," said Davis.

Performances vary greatly in nature, size, and seriousness. Kindsbach residents and  
(See "Toots", page 19)

# Black History Month celebration

## African-Americans and Civil Rights: A Reappraisal

By: Laura L. Ryan

**Editor's Note:** Photos on the cover were taken by W. Ben Bunger III, CHPPM photographer, and Laura L. Ryan.

The CHPPM Black Employment Program's celebration of Black History Month was held on February 25 at the Edgewood Area chapel. Thanks to the efforts of the members of the Black Employee Program, the celebration was enjoyed by all who attended.

LTC Yvonne Tucker-Harris, CHPPM's Equal Opportunity officer, served as mistress of ceremonies. The invocation was given by Chaplain (LTC) James A. Buckner, CHPPM's new chaplain. Joy Carroll, Information Services, sang the black national anthem "Lift Every Voice and Sing", followed by CPT Myranda Vereen, who read the poem "Everybody, but Me" by Margaret Burroughs. Members of the Zion Temple Apostolic Faith Church Choir sang two selections "God has Smiled on Me and On Time God".

"This year marks 40 years since the passing of the first Civil Rights Act, which established a Civil Rights Division in the Justice Department and a Federal Civil Rights Commission to work against discrimination of African-Americans in America, but it is not the anniversary of the various civil rights acts we're remembering today," Tucker-Harris informed the audience. "As indicated in the theme (African-Americans and Civil Rights: A Reappraisal) it's a reappraisal -- an evaluation of where we are in the struggle for civil rights -- where we are politically, economically, and socially, and what still needs to be done."

The guest speaker was Woodrow B. Grant Jr., chief of the Assurance and Compliance Branch, Division of Instruction and Staff Development of the Maryland State Department of Education, who gave a synopsis of the history of the Civilian Rights Movement from 1866 to present. He has been involved in the movement since the

late 1950's. He began his career at Baltimore County's Board of Education as a science teacher. Subsequently, he cross-trained into administration and management. His experience includes advisor of the Harford County NAACP Youth Council, president and state vice president of the NAACP branches in Maryland and Tennessee, assistant national coordinator for the United Nations Children's Fund in Liberia, and coordinator of human relations of the Maryland Department of Education. He also served three years of active duty in the Military Police Corps at Aberdeen Proving Ground.

Following closing remarks by BG Patrick Sculley and the benediction by Chaplain Buckner, Ms. Marcy Welch, CHPPM's Equal Employment/Equal Opportunity Officer, presented certificates of appreciation to the guests. Attendees were invited to the chapel reception room, where they were treated to a sumptuous buffet of African-American cuisine prepared by the BEP committee and an exposition of African-American artifacts, artwork, literature and fashions.



Photo by Laura L. Ryan

*BG Patrick Sculley congratulates LTC Yvonne Tucker-Harris and Ms. Marcy Welch on the Black History Month program.*

# Office ergonomics: inadequate keyboard trays

**By: Cathlyn Wen**  
**Ergonomist**

Articulating keyboard trays are becoming a popular addition to the office workstation. Designed to save precious desk space and seen as an ergonomic quick fix, the articulating keyboard tray is standard equipment in modern offices. If the size of the tray is inadequate however, the office worker may assume an awkward posture at the workstation and can experience discomfort. Some knowledge of office ergonomics can ensure that office workstations are arranged appropriately and that equipment is purchased to minimize the risk of musculoskeletal disorders.

The goal of ergonomics in an office setting is to prevent musculoskeletal disorders and to minimize discomfort by allowing the body to assume a neutral posture. Neutral posture is the natural position a body assumes when floating in water or is in an antigravity chamber (see figure 1). The neutral position is optimal because workers are able to work longer and faster. This position minimizes the stress on joints and muscles and promotes blood circulation. Ergonomists design workstations, tasks, tools, and equipment with the neutral posture in mind.

Keyboards and input devices should be located so that the body can assume a neutral posture. Articulating keyboard trays allow office workers to type at a keyboard in a neutral posture because the tray can be adjusted to the height which allows arms and shoulders to be relaxed at the side with the elbows positioned close to the body at 75- to 135-degree angles. However, many keyboard trays do not have enough space to support an input device. Check your own office workstation. If your desk has a keyboard tray, chances are that you have placed the input device on top of the desk where your arm and shoulder must extend in order to reach it (see figure 2). You have likely

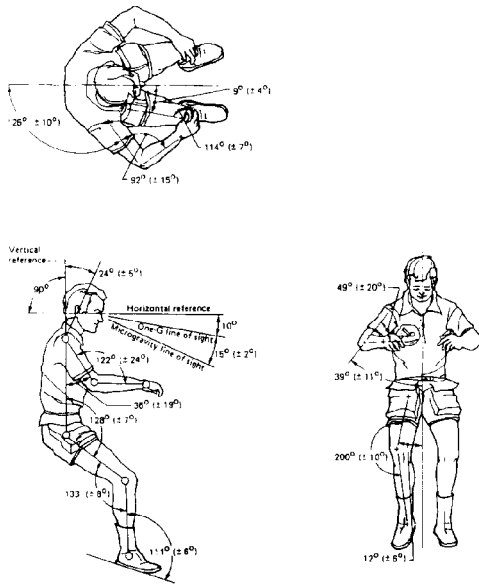
experienced some discomfort when reaching for the input device, but you were not quite sure what to do about it.

Placing input devices on the desktop rather than next to the keyboard on the keyboard tray is often due to lack of space on the keyboard tray. Keyboard drawers have the additional problem of walls at the edges. These walls may further limit the amount of space on the keyboard and input device surface (see figure 3). To decrease the strain on the upper arm and shoulder muscles, try sliding the keyboard to the edge of the tray to make room for an input device. If a mouse pad is necessary, slip the pad halfway under the keyboard to reduce the room required to accommodate it. Make sure that the keyboard remains stable while typing. This quick fix is a temporary solution for those who have a keyboard tray but do not use input devices frequently.

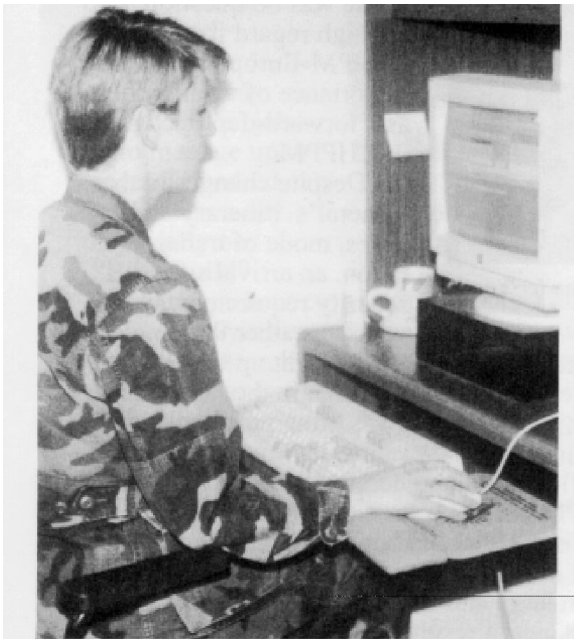
For those who depend on an input device for their daily work activities and desire a keyboard tray, purchase a keyboard tray that is large enough to accommodate the keyboard and an input device. Alternative keyboards may require specially designed trays to accommodate their unique shape (see figure 4).

Another quick fix is to examine the workstation to see if a keyboard tray is necessary. Often, there is enough room on the work surface to locate the keyboard and input device on the desktop. Adjustments to the chair or desk height may be necessary in order for the body to assume a neutral posture. The arms should be relaxed at the side and elbow angles between 75 and 135 degrees. Feet should remain flat on the floor or on a foot rest. Consider pushing the keyboard tray out of the way or removing it to allow more leg clearance.

For more information about keyboard trays or office ergonomics, contact the CHPPM Ergonomics Program at DSN 584-3928 or commercial (410) 671-3928.



**Figure 1.** The body assumes a neutral posture when floating in water or in an antigravity chamber (from NASA-STD-3000).



**Figure 2.** If the desktop is too high, placing an input device on the desktop, rather than a keyboard tray, requires arm and shoulder extension to reach it.

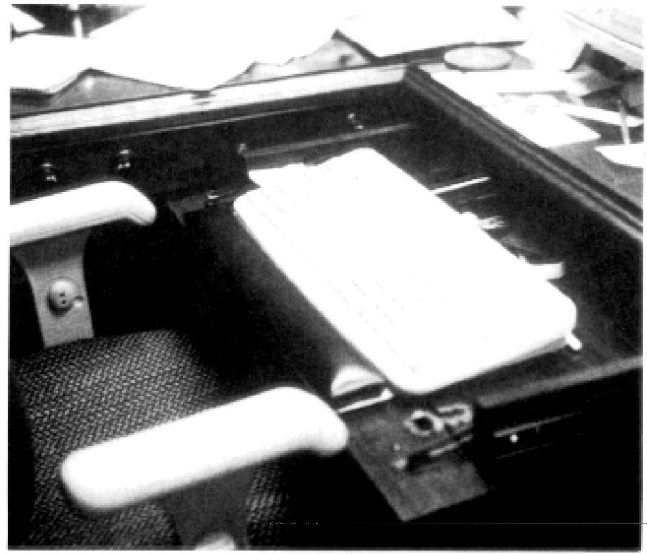


Photo by Cathlyn Wen

**Figure 3.** Keyboard drawers limit the amount of room to accommodate other input devices because they have walls at the edges.

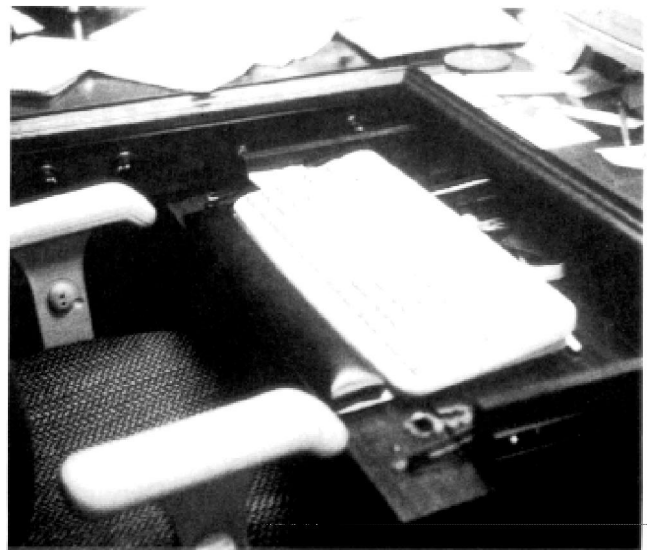


Photo by Steven Chervak

**Figure 4.** Keyboard trays which are large enough to accommodate other input devices can minimize arm, shoulder, and wrist discomfort at a workstation. This one has a unique shape to accommodate an alternatively designed keyboard.

## Deputy Commander in Chief of U.S. Army-Europe Visits CHPPM-Europe

By: Phil Moreno  
Adjutant, CHPPM-Europe

It wasn't just an ordinary Monday. It was a super Monday, as LTG Joseph Gray, the Deputy Commander in Chief of U.S. Army-Europe and 7th Army, made a special trip to the Landstuhl caserne to visit CHPPM-Europe on February 24. This was his third visit in less than two years. During his first visit, he received an in-depth command

each dish. (Did you know that macaroni-and-cheese, a staple of most American kids, was first attributed to Thomas Jefferson's cook, a first-generation African slave?) The finger-licking-good, home-cooked meal included barbecued chicken, ribs, ham, corn bread, black-eyed peas, and plenty more. SSG Lorraine Mitchell gave a splendid Black History Month presentation that related her own lack of awareness during childhood of the African-American legacy and contributions and a long list of African-American inventions that routinely touch our lives.

(Did you know that African-Americans were inventors of the elevator and the cellular phone?) Gray concluded the afternoon by presenting SSG Mitchell with commander's coin and speaking to the CHPPM-Europe audience. There was no question as to his high regard for CHPPM-Europe and the importance of what it does as a forward-deployed arm of CHPPM.

Despite changes in the General's itinerary and times, mode of transportation, an arrival site, security requirements, windy weather that made his helicopter flight tenuous right up to departure, and even a last-day change in

the luncheon location because of a heating problem at the original site, the event was flawless thanks to the flexibility and dedication of a lot of CHPPM-Europe personnel. As COL Edmund Davis, CHPPM-Europe commander, put it, "All in all it was a lot of fine people chipping in, in large and small ways, to produce outstanding results. That's just exactly how we do our business every day." Later that week in a message acknowledging the visit, LTG Gray stated, "For me, it was a super visit."



*LTG Joseph Gray presents SSG Lorraine Mitchell with commander's coin.*

briefing by the commander and department chiefs. On his second visit, he received a tour of CHPPM-Europe facilities that included demonstrations of field equipment and meeting all the employees. For this visit the commander decided to spare the DCINC more briefings and let him enjoy his time in a more informal atmosphere.

So, CHPPM-Europe combined a VIP visit, a potluck luncheon, and a Black History Month celebration to make a very enjoyable occasion. Volunteers brought African-American dishes, and SSG Theresa Barth, CHPPM-Europe's Equal Opportunity NCO, identified and provided a written history of

# Sandtown Habitat for Humanity

By: MAJ Arthur Lee

**Editor's Note:** MAJ Lee is the previous program manager of Environmental Health Risk Assessment and Risk Communication (EHRARC). Keith Williams works in that program.

In the summer of 1996, Keith Williams took an unpaid leave of absence to pursue a calling to help the less fortunate of Baltimore City. He took a position with the Sandtown Habitat for Humanity as one of the construction coordinators for volunteers.

Habitat is a nonprofit organization dedicated to providing deserving families an opportunity to own their own home, while at the same time saving neighborhoods that would otherwise be lost to urban decay.

Williams' job is to manage up to several hundred volunteers a day, especially on "Blitz Build" weekends, where corporate sponsors, church groups, university groups and schools come to Sandtown for a building and cleanup surge. Williams' co-workers at CHPPM know that he is most satisfied when he has several high-priority jobs going at once, and Keith is certainly in that situation at Habitat.

On one Saturday in January, Barrett Borry, CPT Drew Clemens, Kim Fleischman, Mary Grez, and Matt Waterbury from the Groundwater and Solid Waste Program; CPT Irene Richardson formerly of CHPPM; Jennifer Lindado of Medical and Hazardous Waste Program; Derrick Reynolds from EHRARC; and I met up with Williams in Sandtown to lend a hand. A couple of the CHPPM volunteers persuaded their friends or relatives to join the work. Jennifer Lindado's cousin Natalia, visiting from Columbia, came to help. Kim Fleischman's friend Bill also

came out for a working Saturday.

The CHPPM group was divided into two teams. One team was assigned to clean up a vacant lot, which had a four-foot-high frozen pile of rubbish stacked in it. Team members loaded the trash in barrels, loaded the barrels in a pickup truck, then unloaded the truck into a roll-off dumpster. Devon, the energetic 9-year-old son of one of the recent Habitat owners, spent the day with this team, loading and unloading the trash. His payoff was riding back and forth to the dumpster in the pickup.

The Habitat staff joked that Devon would be the Executive Director of Sandtown Habitat when he got older. Throughout the day, he seemed to be everywhere, either helping or directing.

The other CHPPM team was assigned to break up a large concrete slab with sledge hammers, pry



Photo by W. Ben Bunger III

*Mr. Keith Williams gives a briefing on Sandtown Habitat progress.*

bars, and a jack hammer, then move the concrete chunks out to a dump site. In between these assignments, some members unloaded sacks of concrete, graded the lot underneath the old slab, raked out stones, mixed concrete, poured a new porch, dug post holes, and set fence posts in concrete. Many of the future (and current) Habitat homeowners were working with the CHPPM team, swinging sledge hammers, lifting concrete chunks, and applying mortar coating to their exterior walls. The CHPPM folks were joined by a group of high-school students and their parents. One of the Habitat staff, affectionately known as "Stink," kept the

(See *Habitat*, page 18)

# Army Occupational Health Program in Europe

By: COL David Wilder  
Occupational Health Program Director,  
CHPPM-Europe

CHPPM-Europe performs a unique mission in its delivery of occupational health services for the US Army-Europe. The Occupational Health Program for Europe is centrally based at CHPPM-Europe in Landstuhl, Germany. However, regional support is provided by occupational health nurses and industrial hygienists who are located at seven area support groups (ASGs) and three Army hospitals in Germany, Italy, and Belgium. These personnel are employees of CHPPM-Europe, assigned as special staff to the ASGs and hospital commanders. They are responsible for the local coordination and management of the occupational health program. All requests and consultations for occupational health services within an ASG are channeled through the local field office.

In October 1993 the Occupational Health Program was realigned and focused on the integration of three disciplines: occupational health nursing, industrial hygiene, and safety.

Each discipline is separate, but as a team they provide a comprehensive program for all workers. The occupational health nurses are employed by the Department of Medical Sciences, while the industrial hygienists come under the Department of Environmental Sciences. The activities of both of these disciplines are coordinated under the direction of the Occupational Health Program Director, with a focus on the following program elements: Worksite Visits, Occupational Hazard Assessment, Medical Surveillance, Technical and Medical Consultation, Health Education and Health Promotion, and Injury and Illness Monitoring.

The occupational health personnel in Europe are committed to providing a safe and healthful work environment for the more than 120,000 military and civilian workers in the US Army-Europe. Further information

regarding this program is available through the Occupational Health Program Director, DSN 486-8084, or e-mail COL DAVID WILDER@CHPPM-EUR-ccMail.Army.Mil.

## HHA poster wins first place

A poster entitled "Estimating the Costs of Health Hazards" won first place in the occupational health information category at the recent Navy Occupational Health and Preventive Medicine Workshop held February 8 through 14. The poster, a joint venture between CHPPM's Health Hazard Prevention Program and the Logistics Management Institute, showed how costs and lost time are quantified during the health hazard assessment process.

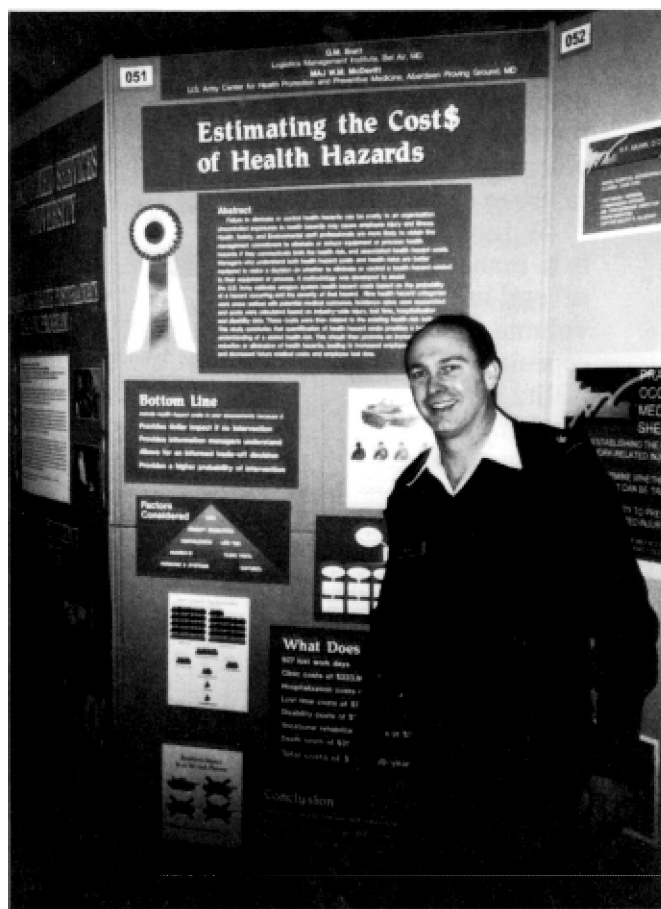


Photo by W. Ben Bunger III  
MAJ Micheal McDevitt, Health Hazard Assessment  
Program Manager with winning poster.

# **CHPPM DLS found compliant with ISO 9001 prestigious registration imminent**

**By: Sara Parker**  
**Chief, Quality Systems Office**

The American Association for Laboratory Accreditation (A2LA) performed a dual assessment and audit of the Directorate of Laboratory Sciences February 25 through 28 under ISO (from the Greek, meaning the same) Guide 25 for Competence of Calibration and Testing Laboratories (accreditation renewal) and under ISO 9001 for Quality Systems - Model for Quality Assurance in Design/Development, Production, Installation and Servicing (initial registration audit). The ISO 9000 series is set and administered by the International Organization for Standardization in Geneva, Switzerland.

DLS retains its accreditation with A2LA, but even more significant, the assessors declared that DLS was in compliance with ISO 9001 and will recommend registration. ISO 9001 is the internationally recognized standard for quality management systems in business and industry; few government entities have earned this distinction.

ISO 9000 series is a set of five individual, but related, international standards on quality management and quality assurance. They are generic, not specific to any particular products. They can be used by manufacturing and service industries alike. These standards were developed to effectively document the quality system elements to be implemented in order to maintain an efficient quality system in your company. Corporations around the globe have built, and continue to build, their quality systems around these standards. Both large and small companies with international businesses perceive the ISO 9000 series as a route to open markets and increased effectiveness/efficiency and improved competitiveness. ISO 9000 registration is gaining international acceptance as the hallmark of quality system achievement.

Quality system registration involves the assessment and periodic audit of the adequacy of the organization's quality system by a third party, known as a quality system registrar (e.g., A2LA). When the organization's system conforms to the registrar's interpretation of an ISO 9000 standard, the registrar issues the organization a "certificate of registration."

The exit brief for DLS's registration audit was started by the lead assessor stating "Wow, you are a great lab!" The assessors also stated that documentation is thorough and implemented; laboratory members are following the written procedures with minor exceptions, and training is the best they have ever seen. That is significant praise. For ISO 9001, they found no major deficiencies, and only five minor discrepancies (they said that this is the smallest number of findings ever for an initial ISO 9000 audit). DLS has 30 days from the date of the audit to address the assessors in writing as to the corrective actions taken. After this is completed, the certificate of registration will be issued to CHPPM. It is anticipated to happen sometime in May. A celebration is being planned to allow BG Patrick Sculley CHPPM commander, and LTC Douglas Rinehart, Director of Laboratory Sciences, to honor all DLS employees for their efforts in achieving this prestigious certification. This celebration will be held after receipt of the official certificate of registration.

Congratulations to all who participated in this significant accomplishment!

## April has been designated the Month of the Child

### Make the difference in the life of a child

By: Janice Langford  
Health Educator, DHPW

The total number of children seriously injured by child abuse and neglect quadrupled between 1986 and 1993 according to the "Third National Incidence Study of Child Abuse and Neglect." The magnitude of this increase in child abuse cases cannot be fully explained by improved reporting since the number of children who were seriously harmed increased by more than 400,000 in this time period. It is unreasonable to assume that this number of seriously injured children existed during the data collection period of the previous study and escaped notice by community professionals.

The results of this study are alarming and underscore the need for early intervention and prevention efforts. Since most child abuse occurs in the home by family members, it is important to identify high-risk families and begin intervention before abuse occurs. The National Committee for the Prevention of Child Abuse recommends home visitation as a primary strategy to protect children against child abuse and neglect. The NCPA recommends home visitations be started during pregnancy or at birth when parents are most receptive to accepting assistance. The "visitor" should be a professional or a trained volunteer with professional support. The purpose of these visits should be centered on developing a relationship of trust with the family and empowering them with knowledge. In one study, participants in a home visitation program had an 80 percent lower rate of abuse. Regular training for caregivers of young children, teachers, health care professionals, and police on recognition of abuse and neglect is also suggested.

Most abusive parents love their children and want to be better parents. Programs that provide family support, increase knowledge of child development and parenting skills, and teach coping skills to handle stress are the most effective way to help abusive and potentially abusive parents.

No child is immune from abuse and neglect; however, the risk is greater for children whose families are experiencing poverty, unemployment, substance abuse, domestic violence, and other stressors. The consequences of abuse and neglect can lead to serious dysfunction in adult life. Although most survivors of abuse do not have a criminal record, maltreatment in childhood increases the odds of future delinquency by 40 percent. Adults who have been abused as children can suffer from low self esteem, drug or alcohol abuse, troubled marriages and difficulty raising their own children. These devastating negative effects can be averted by providing early intervention and prevention efforts.

Preventing child abuse should be everyone's concern. You can help in your own community by making even a small contribution. Here are 10 suggestions from the NCPA to get started:

- ◆ Support activities that raise public awareness during April, National Child Abuse Month.
- ◆ Volunteer at a local child abuse program. Parent support groups, crisis centers, and hot lines are typical programs that often welcome volunteers.
- ◆ Report suspected abuse or neglect. Keeping children safe means that everyone has an obligation to inform authorities if you have a reasonable suspicion that children are being harmed.
- ◆ Be an advocate for services to help families. Parenting programs, health care and housing needs are all important in maintaining healthy children and families.
- ◆ Speak up for nonviolent television programming.
- ◆ Make a contribution to a child abuse prevention organization.
- ◆ Help a friend, neighbor, or relative. Offer a sympathetic ear or a helping hand. Assisting occasionally with child care or offering to locate sources of community help can be a tremendous boost to someone under stress.

*(See Child, page 18)*

## Passing the colors

By: Laura L. Ryan

Command of Headquarters and Headquarters Company of the Army Center for Health Promotion and Preventive Medicine changed hands recently, as CHPPM commander BG Patrick D. Sculley passed the colors from 1LT Thomas S. Hyslip to CPT Timothy A. Kluchinsky Jr.

Sculley also presented Hyslip with the Army Commendation Medal and praised him and his wife Susan for their family support group efforts.

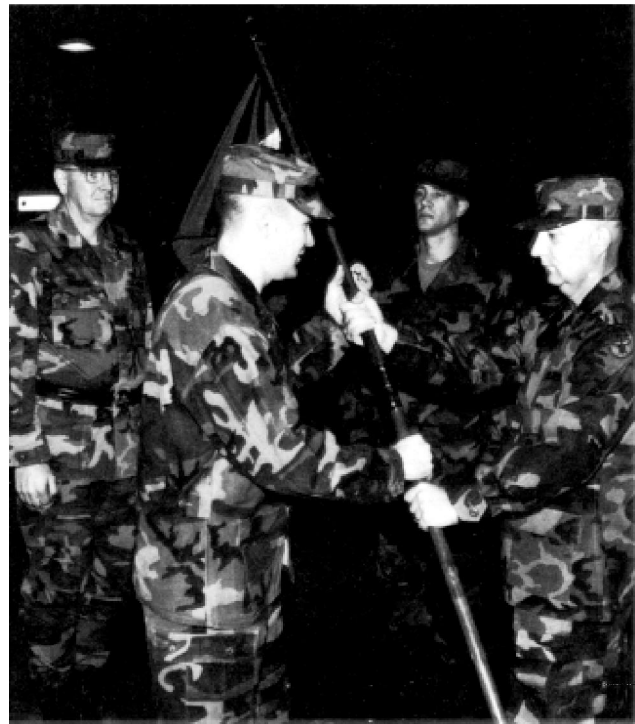
Hyslip had served as commander since September 1995. Prior to assuming command, he served as a project officer in CHPPM's Industrial Hygiene Field Services Program. His next assignment will be as chief of Industrial Hygiene at the Industrial Operations Command, Rock Island Arsenal, Ill.

A native of Tamaqua, Pa., Kluchinsky enlisted in the Army in 1986 as an air defense Chaparral missile crewman. He served four years in Kaiserslautern, Germany, and one year at Fort Lewis, Wash., before being selected as an Army Green-to-Gold scholarship awardee. He enrolled in the Reserve Officer Training Corps program at Pacific Lutheran University, Tacoma, Wash., in 1990. He received his bachelor's degree with honors in biological research in 1992 and was commissioned in the Army Air Defense Artillery.

Kluchinsky served as a Bradley Stinger Fighting Vehicle platoon leader in the Fourth Infantry Division, during which he received a master's degree in environmental science from the University of Colorado at Colorado Springs. He then transferred to the Medical Service Corps and became an environmental science officer. His most recent assignment was with CHPPM's Health Risk Assessment and Risk Communication Program.

Kluchinsky's military awards and decorations include the Joint Meritorious Unit Award, Army Commendation Medal with four oak leaf clusters, Army Achievement Medal with four oak leaf clusters, Army Good Conduct Medal, National Defense Service Medal, Humanitarian Service Medal, Noncommissioned Officer Professional Development Ribbon, Army Service Ribbon, Overseas Service Ribbon, Parachutist Badge, Air Assault Badge, German Achievement Badge, and Distinguished Honor Graduate at the Primary Leadership Development Course.

He lives with his wife Aunika and sons Jacob and Shawn in Aberdeen, Md.



*Photo by W. Ben Bunger III*

*1LT Thomas Hyslip passes the colors to CHPPM's First Sergeant SFC Mircea Ardelean as BG Patrick Sculley and CPT Timothy Kluchinsky Jr. look on.*

## Habitat...

*(Continued from page 13)*

group of enthusiastic volunteers headed in the right direction, while operating the jack hammer and giving an impromptu class to a homeowner on how to apply mortar.

At noon, Devon's mother came by the work site with his lunch. He ate with the CHPPM group, sitting outside on the damp wooden steps of the construction trailers. "That's my house right there with the purple door," Devon said proudly as he pointed down the street, about half a block away. Devon's family had just recently purchased a Habitat home, but the family was still volunteering to help with the never-ending work.

After lunch, Keith took the CHPPM folks to the Sandtown Habitat warehouse, located a few blocks from the construction site, where he gave an informal briefing on the Sandtown Habitat Program.

"Sandtown currently has 1,000 vacant houses, and 200 of those homes are right within the 12-block area that Sandtown Habitat is concentrating their efforts," Keith explained. "By 1991, Sandtown Habitat had renovated and turned over just three homes to families during its first three years. Since then, the total number of homes rehabilitated has skyrocketed to 68. We have a goal of renovating a total of 100 homes by the end of this year." Keith showed a map of homes that are vacant, homes that Habitat has acquired the rights, and homes that have been renovated and turned over to owners. "Homeowners make a one-half-percent down payment and then pay a monthly, no-interest, 20-year mortgage to Habitat, which uses the money for other building projects.

"It sounds like we are giving houses away, but here's the catch. Potential homeowners are required to put in 330 hours of 'sweat equity,' whether it is working on their own future home or on another Habitat project. The 330 hours are divided into 300 hours of actual renovation work and 30 hours of homeowner classes. Many of the Sandtown Habitat neighbors continue to put in more hours past their minimum, even after moving into their Habitat house. The renovation work can involve cleaning up vacant lots, gutting a building in preparation for remodeling, and

actually renovating an entire house. The 30 hours of classes are divided into ten 3-hour classes on homeowner topics, such as financing, mortgages, and homeowner repairs.

The CHPPM group finished the day in a flurry of activity, trying to complete their assigned tasks before the sun set. The weary group packed up just as twilight set, promising to come back another day. Even then, Keith was busy planning his strategy for the next day as the group departed.

Driving through the streets of Sandtown, one can easily see the big change that Habitat has made in saving this neighborhood and giving people an opportunity to change their lives. Keith is giving a lot of himself to the Sandtown community and is receiving a great deal of satisfaction in being able to pursue this calling.

Interested in volunteering for a day with Sandtown Habitat for Humanity? Keith is always looking for volunteers and can be reached at Habitat during the day at 410-669-3309.

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## Child..

*(Continued from page 16)*

- ◆ Help yourself. Recognize the signs that indicate outside help is needed. If you feel overwhelmed, constantly sad, angry, and out of control, get some help. Remember. It is a sign of strength not weakness to ask for help.
- ◆ Support and suggest programs on child abuse prevention sponsored by local organizations. Army Community Services, Parent Teacher Associations, church groups, and local service organizations all offer excellent opportunities for raising public awareness.
- ◆ Promote programs in schools. Teaching children prevention strategies can help keep children safe.

Information about child abuse and neglect can be found by contacting your local Army Community Services, the National Clearinghouse on Child Abuse and Neglect (1-800-FYI-3366) or the Military Family Clearinghouse (703-696-9053). Make a difference in the life of a child. Take action to prevent child abuse and neglect!

## “Toots”...

*(Continued from page 8)*

band members celebrating birthdays, anniversaries, or other special events are entitled to a serenade by band volunteers (whoever is available), who assemble outside the restaurant or home where the celebration is taking place. Such a group (including Davis) played outside a restaurant for BG Patrick Sculley during his visit last year to Europe. A similar group (including Davis) played at Christmas for the tree-lighting ceremony at the U.S. Army medical center at Landstuhl. If requested, the full band will also play at a band member's wedding and associated events. One such pre-nuptial event is the Polterabend, "Crash Night," where friends of both the bride and groom assemble for an evening of food, drink, and music. Guests bring baskets of perfectly good kitchen plates, cups, saucers, and the like, and shatter them on the ground as they enter the party area, to bring good luck and prosperity to the couple.

The most serious events are the annual Easter and Christmas concerts (musical marathons lasting three hours or more) for the townspeople of Kindsbach and the annual German band competitions. Last year the band represented the state of Rhineland-Pfalz (one of 16 German states) in the German national wind orchestra contest. In the 1980's the band played twice in the U.S. by invitation, and even played at the Vatican for the Pope.

The band frequently plays at less formal (and more fun) events in other villages in the region. Virtually every town has centuries-old traditional festivities that include appearances by one or several bands: carnivals, winefests, bierfests, musikfests, Fasching (German "Mardi Gras"), and fruehschoppens (traditional social gatherings of German men on Sunday mornings). At such events the band may play on stage or march in a parade. Parades are gala events, replete with colorful floats (often horse-drawn), organizations, and "interesting individuals" in splendid costumes and uniforms, and even tots dressed in their Sunday best and riding in wagons pulled by their older siblings. Parades are punctuated by frequent stops during which sidewalk spectators freely provide beer and wine to thirsty paraders. A parade last year marking the 1,050th "birthday" of the tiny village of

Reichenbach was longer than the village itself, requiring a rather chaotic U-turn at the edge of town.

It would be impossible for a small town in America to organize and maintain a band of the size, versatility, and talent of the Kindsbach band. But it is not unusual in Germany because music is a such an important part of the culture--more than half of all German citizens have played a musical instrument or sung as part of an organized group at some time in their lives.

"I'm getting to see a side of German life, tradition, and culture that Americans have little opportunity to see," said Davis. "Seeing Germany only from the perspective of a U.S. military member or tourist provides little chance to see what wonderful people the Germans are on a personal level. The Kindsbachers have accepted me as 'one of their own', and I will always cherish the sincere friendship, helpfulness, and goodwill they have shown me. I am especially impressed with the high value and respect they have for tradition and for the family. Simultaneously I have tried to be a 'good ambassador' for our country -- my setting the proper example as an American in the band is just as important as my setting the example as senior officer and commander in my unit.

"Playing in the band has been a great stress-reliever for me. While the band does have a serious side, it's mostly just a lot of good people having a good time making good music. I am very proud to be a member of this very merry band."

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## Eagle...

*(Continued from page 3)*

The great thing about this program is that we are able to reach and mentor those outside our immediate sphere of influence.

Supervisors and senior leaders, take this opportunity to be a mentor, to help guide and mold another in your area of expertise.

Inexperienced younger workers, with a dream or desire, get involved as a mentoree.

This is a win-win situation for all. For the mentors, its a great chance to freshen our skills and to dust the old cobwebs from our technical expertise. For the mentorees, a chance to learn from those we respect and admire in their work or life positions.

## Engineer for a Day



*photo by W. Ben Bunger III*

Juergen Brammer explains a transmitting antenna to local high-school students during a tour of the Radiofrequency/Ultrasound Program. Also included in the tour were the Laser/Optical Radiation, Ground Water and Solid Waste, and Surface Water and Wastewater programs. 1LT David Nienberg, Environmental Health Engineering Directorate, was in charge of this year's program held on February 20. CHPPM sponsors were Frank Colville, MAJ Jeffery Springer, 1LT Andy Pate, Brad Roberts (third from right), Steve Clarke, Wendy Gladstone, Kevin Russell, Romeo Gallamoza, Kathy Simmers, Farhana Fathimulla, Tony Fogler, and Scott Newberg.